

TADIS TIMES

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Tadiso's Chairman of the Board, Edmund Effort, DDS, met with Governor Tom Wolfe during a recent dinner in Pittsburgh.

Dr. Effort has been a Board member for over 20 years and has devoted hundreds of hours of volunteer time, working to better Tadiso services for our patients. Dr. Effort has used his experience on the Pennsylvania State Dental Board to further Tadiso's goals in the management of the program. He will be speaking at Tadiso's upcoming 50th Anniversary Party in September. He looks forward to the completion of Tadiso's renovation project citing improved patient care, with a state of the art lobby, and a coffee bar, as the main goal of the project.

Dr. Effort also appreciates the many articles in this publication that feature good oral hygiene and care as a goal for patients.



IMPORTANT NEWS

Tadiso will be observing Independence Day on Wednesday, July 4. Clinic hours will be 6am-1:45pm.

On Thursday, July 26, Tadiso staff members will attend an important training session. Therefore, the clinic hours will be 6am-1:45pm. In an attempt to reduce the number of paper signs, please look for reminder notices on Tadiso entry and exit doors and in this publication. You are responsible for arriving at the clinic prior to 1:45pm or you will not be able to receive medication.

Keep this notice and post it in your home, as a reminder.

FUN ON THE FOURTH

Check out Point State Park for the EQT Flashes of Freedom Fireworks at 9:30 p.m. The display will cap off a day of festivities at the park that will include live musical acts to be announced, food vendors and a kids zone featuring patriotic crafts, face painting, interactive activities, caricature drawings and Amber's Amazing Animal Balloons from 4 to 8 p.m.

Across the Allegheny River from the park, the free 17th annual July 4 celebration at Heinz Field will include musical performers to be announced, food vendors peddling wares such as funnel cakes and lemonade.

Tadiso is accredited by CARF. In the upcoming months, CARF surveyors will be at Tadiso reviewing policies and procedures. You should know that Tadiso does internal audits of patient records for compliance with regulatory standards. The results of our internal audits are forwarded to Tadiso Administrators. Staff members are provided with feedback and training on the areas that need improvement. Surveyors may ask to meet with patients on a random basis, so look for more information on the exact date of our CARF inspection.



NO FUN..... UNTIL THE SERVICES ARE DONE

Tadiso has recently hired 2 "on call" counselors to see patients who miss their regularly scheduled appointments. If you are outside your scheduled time slot, you will be seen for the appointment with another counselor. We can not miss providing you with the state mandated minimum hours of counseling services.



Sunburn is a painful sign of skin damage from spending too much time outdoors without wearing a protective sunscreen. Years of overexposure to the sun lead to premature wrinkling, aging of the skin, age spots, and an increased risk of skin cancer. In addition to the skin, eyes can get burned from sun exposure. Sunburned eyes become red, dry, and painful, and feel gritty. Chronic exposure of eyes to sunlight may cause pterygium (tissue growth that leads to blindness), cataracts, and perhaps macular degeneration, a leading cause of blindness.

Symptoms

Unlike a thermal burn, sunburn is not immediately apparent. Symptoms usually start about 4 hours after sun exposure, worsen in 24-36 hours, and resolve in 3-5 days.

Symptoms may include:

- Red, warm, and tender skin
- Swollen skin
- Blistering
- Headache
- Fever
- Nausea
- Fatigue

The pain from sunburn is worse 6-48 hours after sun exposure. Skin peeling usually begins 3-8 days after exposure.



First Aid

There is no quick cure for minor sunburn:

- ✓ Symptoms can be treated with aspirin, acetaminophen, or ibuprofen to relieve pain and headache and reduce fever.
- ✓ Drinking plenty of water helps to replace fluid losses.
- ✓ Cool baths or the gentle application of cool wet cloths on the burned area may also provide some comfort.
- ✓ Workers with sunburns should avoid further exposure until the burn has resolved.
- ✓ Additional symptomatic relief may be achieved through the application of a topical moisturizing cream, aloe, or 1% hydrocortisone cream.
- ✓ A low-dose (0.5%-1%) hydrocortisone cream, which is sold over the counter, may be helpful in reducing the burning sensation and swelling and speeding up healing.

If blistering occurs:

Lightly bandage or cover the area with gauze to prevent infection.

The blisters should not be broken, as this will slow the healing process and increase the risk of infection.

When the blisters break and the skin peels, dried fragments may be removed and an antiseptic ointment or hydrocortisone cream may be applied.

Seek medical attention if any of the following occur:

- Severe sunburns covering more than 15% of the body
- Dehydration
- High fever
- Extreme pain that persists for longer than 48 hours